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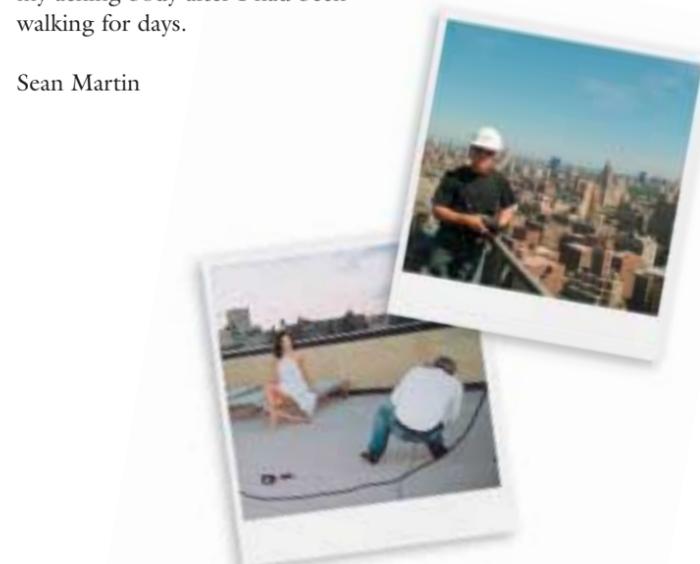
BUSINESS AND LIFESTYLE FOR A CULTURE ON THE MOVE

From the editor ...

I believe everyone should see New York City at least once in their lives. It is the most famous city in the world, and it has always been a major influence on North American culture. In my previous travel there, I don't believe I felt as safe or as comfortable as I did this visit. The atmosphere seems to have changed since the disaster of 9/11 two years ago. It has always been an exciting place, but on this trip I looked a little closer. I wanted to understand the city and the people better. The New York feature is my personal perspective. I hope it gives you a view of NYC that is new and enjoyable.

I would like to thank the many people who helped me when I was in New York. Michael Kaye for his cooperation and hospitality, Nikki Nez for the great job modelling, Anthony Muto for his help and observations, Cindy Warrick for making such great contacts and Jon Ballantyne for taking the time to meet with us. And of course, everyone at Osaka 56 for soothing my aching body after I had been walking for days.

Sean Martin



Cover 33
LIVE FROM NEW YORK CITY
A look at the couture fashions of Alberta-born Michael Kaye.

THE 2004 ACURA TL
Acura revamps its luxury vehicle and ups the ante on performance.



A NEW YORK STATE OF MIND
Tourists come for the sights, restaurants, theatre, shopping and nightlife, but it's the people you remember.

THE CUSTOM KITCHEN
A look at the latest design trends, gadgets and appliances for today's high-end kitchens.



IF YOU CAN MAKE IT HERE...
Jazz pianist Ballantyne on life as a jazz musician in New York City.

ELWOOD FLYNN
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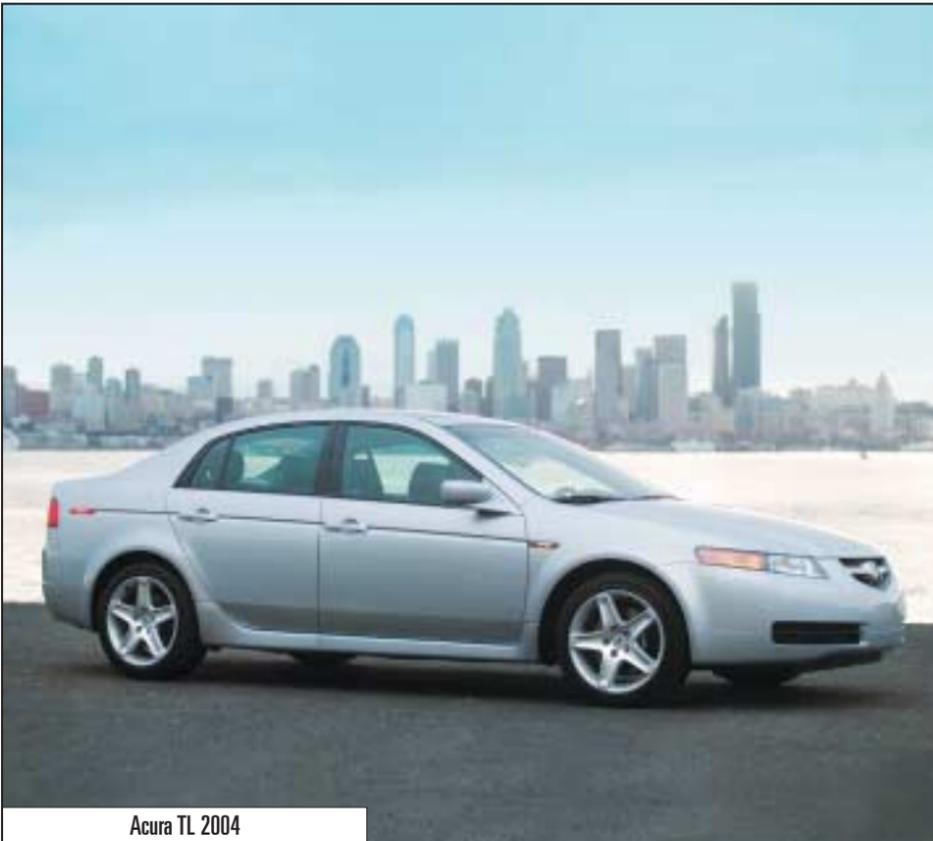
- 3 MARKETPLACE Is the market gaining momentum?
- 5 VINTAGE Magnificent Mission Hill
- 26 FITNESS Spin class review
- 38 HEALTH Does your plan cover massage?
- 39 RECIPE Big Apple Stuffed Pheasant Breast
- 41 WHAT'S OUT WEST Events to check out

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Acura Centre of Saskatoon

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On the Cover: New York, dress provided by Michael Kaye

MARKETPLACE

*The signs are all there:
the market place is gaining
momentum. Now what?*



THE ECONOMIC PICTURE LOOKS BETTER than it did six months ago. That's the good news. But how strong is the market? That's the question on everyone's mind, and none of us in the industry have a crystal ball waiting to reveal the answer. What we do have is sound information.

According to some of the world's best market analysts, the global economy is gaining momentum. International indicators are now pointing upward, and as a result, the experts think world economic growth should hit 3% in 2004. The U.S. economy is finally picking up speed, with growing signs of increased business spending. Canada, however, will likely under-perform our southern neighbour due to a severe slowdown in economic activity. This slowdown is being attributed to several factors. First, the SARS outbreak in Toronto, which scared off tourists and investors. Second, the weakening manufacturing sector, which was hit by the strengthening Canadian dollar earlier in the year. And third, the mad cow scare, which dealt a blow to the agricultural sector but has also had ripple effects across the economy.

What does all this mean for the average investor? Well, it means that forecasters are calling for a 12 month target on the Standard & Poor's (S & P) 500 of 1100. In Canada, the S&P/TSX is calling for a 12 month target of 8200. This represents approximately an 8% return for both indexes.

Having said this, I think every investor has become fairly cautious about predictions. Still, I believe there are some strong signs for success in the equity markets. For the first time in three years, analysts are raising their earnings estimates, citing the strong economy. There has also been a notable spike in investor sentiment, evidenced by the significant flow of money into equity funds at the expense of fixed-income funds. It's the first time in three years this has happened. So what to do? One suggestion is to commit to a position in equities and ride the momentum, which I think will be slow but steady over the next twelve months.

Todd Degelman, M.B.A. is National Sales Manager for Wellington West Capital Inc. He can be contacted at 1-866-844-4400.

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Thomas Rush Executive Chef,
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Award winning chef Thomas Rush was trained at Toronto's Humber College. He brings more than 22 years of experience with first class hotels & restaurants in Calgary.



vintagereport

THE WINE:
Mission Hill 2001 Cabernet Sauvignon/Merlot
COUNTRY OF ORIGIN:
Canada (Okanagan) British Columbia
GRAPE VARIETY:
Cabernet Sauvignon and Merlot

COLOUR:
Purple/Ruby
NOSE:
Cedar, raspberry
IN MOUTH:
Black currant ,blackberry flavours fairly tannic fruit driven

FOOD:
red meats rare to medium rare
Thanksgiving / Xmas turkey dark meat - will be a great match cheeses - Brie,Camembert, Monterey Jack

VALUE:
Decent value for Canadian red in this price range

RATING:
3.5 grapes (0 lowest - 5 highest)
A good wine to try if you have yet to taste a Canadian red.



This wine is available at John's Prime Rib & Steakhouse. Look for it in their NEW wine cellar.

John's

Vintage.

MAGNIFICENT MISSION HILL
BY LEN STECKLER

AS ONE WALKS THROUGH the entrance gateway into the courtyard of Mission Hill Family Estate Winery, it is like walking into a different time. The unique California mission/Greco-Roman design of architect Tom Kundig makes a visit to this Okanagan winery a must. From the 12 storey bell tower with its four French-cast bronze bells, to the meeting hall featuring a tapestry by French artist Marc Chagall (est. value \$500,000-\$600,000), one is amazed at the beauty and detail of this special place.

From atop a hill overlooking Lake Okanagan in Westbank, British Columbia, across the lake from Kelowna, it's easy to see why Anthony von Mandl, Mission Hill's proprietor, chose this spot to make his vision of a winery second-to-none in Canada come true. Established in 1981, it features a natural amphitheatre, terrace restaurant, medieval fountain, underground cellars blasted from volcanic rock and culinary teaching kitchen. Ten thousand cubic metres of rock were blasted from the hilltop to allow the planting of vineyards. Von Mandl's dream of making Mission Hill one of the ten most visited wineries in the world could soon be realized, as not many others hold a candle to the magnificent simplicity or attention to detail seen here.

Today, Mission Hill attracts 120,000 visitors a year, employs 150 full-time employees and produces 250,000 cases of wine annually. Red varieties include Syrah, Merlot, Cabernet Sauvignon, Pinot Noir and a Bordeaux blend of varietals called Oculus Estate. Oculus is the flagship red in the Mission Hill fleet. This remarkably well structured Canadian red wine is extremely food friendly, with black berry, red currant and hint of dark chocolate flavours.

White varietals, for which Canada is world renowned, vary from a Pinot Grigio, subtly oaked Sauvignon Blanc, Gewürztraminer and Reisling to a luscious full bodied Chardonnay that was judged best in the world in 1994 for the 1992 vintage. Wine snobbery reared its ugly head at the competition when the judges, discovering the origin of the Chardonnay, insisted upon retasting. The result – Mission Hill's Grand Reserve was again judged the best, putting Canada on the map as a maker of world-class white wines.

Winemaker John Simes was instrumental in the making of the award-winning 1992 Grand Reserve Barrel Select Chardonnay. He decided on the varietals and helped create the temperature and humidity controlled underground cellars. His wines are more of an old world style: lean, steely, well balanced and extremely food friendly. Having won the International Wine and Spirit Competition twice (1990 Sauvignon Blanc, 1994 Chardonnay), Simes gives Mission Hill a solid footing on the international wine scene. After all, what is a winery without a great wine maker?

Mission Hill varietals are harvested at an average of three tonnes per acre and hand harvesting is preferred for Estate bottlings. Natural yeasts are used in the fermentation process, with the reds and the Chardonnay undergoing malolactic fermentation. The Chardonnay is aged in French oak, as are the reds. The reds will age on the oak for six to 18 months, depending on the varietal and wine style being made. All oak barrels are of medium toast; toast refers to the level that the oak barrels are charred: light, medium or heavy.

Fine food is another of the things Mission Hill will impress you with. Executive chef Geoffrey Couper creates food to match wine, quite a contrast from other chefs who create a dish and try to have waiters or sommeliers match a wine to it. Couper buys fresh ingredients from local producers and cooks with herbs from Mission Hill's own garden. Dishes are prepared in a state of the art kitchen that, for teaching purposes, can be viewed from the theatre – Couper also teaches people how to create stunning dishes based on the wines.

Architecture, wine, culinary expertise and beauty of place, Mission Hill has it ALL!

LEN STECKLER received his Cellar Masters Diploma in 1995 and is a member of the Wine Educators Society. He has visited wineries in every major wine region in the world and does wine seminars for sales groups, customer appreciation groups, and restaurants (staff training and wine list building and maintenance). If you are interested in learning more, call Len at 306-933-4393.

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Story by Charles Renny



If you want to drive Acura Canada people nuts, just call the new 2004 Acura TL a Japanese BMW.

Richard Jacobs of Acura Canada admits that "BMW was the benchmark for the car" but adds that "we have no intention of becoming BMW, we intend to be in the same market as BMW, with the Acura giving buyers a distinctive choice."

2004 TL

- 3.2-litre, 24-valve VTEC V6 engine
- Double Wishbone Suspension
- 5-speed Sequential SportShift™
- Anti-Lock Braking System
- Front and side airbags
- Traction Control System (TCS)
- Grade Logic Control System
- Micron Air Filtration System
- Acura/Bose® Music System with 5 speakers, including rear woofer, AM/FM stereo/cassette, in-dash 6 CD changer and anti-theft feature
- Homelink® remote control system



Similar, yet distinctive is a tall order. On paper, both cars have six cylinder engines and manual six speed transmissions as well as computer controlled automatics. Both cars will hold five adults and get you to the opera or racetrack. Yet from the moment that you walk up to the TL, you know this car is going to stand out. The distinctive Acura front grille is flanked by Xenon body contoured headlamps, while lower down in the fascia there are large air intakes for both the engine and brakes. Large doors make entry and exit an easy task. The roof line comes down to the rear deck lid, which looks deceptively short when it actually hides a spacious trunk. Climb behind the steering wheel and all the gauges and controls are easy to see, reach and use.

Brian Kelly, general manager of Acura Centre of Saskatoon, says, "you don't need to be an engineer to be able to drive the TL and enjoy it." It takes little time to adjust the power actuated, leather seat into a comfortable driving position. Once you are settled, a brief familiarization will show you where Acura puts all the switches. Then it is time to bring the 270 horsepower, Double Over Head Cam, four-valve-per-cylinder, 3.2 litre V6 to life.

As soon as you let go of the key, the engine is idling smoothly. Acura's variable valve timing and variable intake manifold allow this engine to go from pussy cat to cheetah with a stab of the gas pedal. With the six speed manual (Dynamic Package only), you will be so busy shifting that you won't realize you could break every speed limit in Canada by the time you reach third gear. If you choose to drive in a more leisurely manner, you still need to pay attention. The TL is so smooth and quiet that speeds just seem to creep up, unless the cruise is on. Corners that in other cars make you slowdown somehow

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seem straighter and more comfortable. Road surface irregularities, better known as pot holes and tar strips, don't upset the handling of the TL. On a corner, you hear a thump as the tire hits but stay on your cornering line. On the straights, you hear the same thump and maybe a bit of a jar in the seat of your pants. When driving around larger holes, the gigantic four wheel disc brakes shed enough speed that you do not do any damage to the four wheel independent suspension.

With a lock on power and handling, Acura turned to the interior to ensure owners are appropriately pampered. Features include the first DVD audio system in an automobile. Made by Panasonic, the 225 watt, eight speaker system supports regular CDs, but the quality of the DVD-A media is reported to have up to 500 times the signal resolution and carries over six tracks as opposed to a more conventional two tracks. The record industry hopes this format catches on – it is nearly impossible to pirate.

On the safety side, the new TL is one of the safest cars on the road. Its first line of defence is active, meaning the Acura has given you the acceleration, braking and handling to get out of trouble in most situations. Traction control, stability control, brake assist and more are there to help. A navigation system that recognizes voice commands can help keep you from getting lost, and the passive safety features include enough air bags to get a majority in the legislature.

Brian, when he's not managing the Acura dealership, is a car enthusiast. He summed up the latest TL. "It has always been a luxurious car. Now it is back to being a performance car as well!" 🍎



The 2004 TL is now available at the Acura Centre, 655 Circle Drive East in Saskatoon.

A New York State of Mind

story & photography by Sean Francis Martin

In New York City, everyone has a dream. Everyone wants to be something more than they are.

New York City is big; 301 square miles to be exact. When most of us think of NYC, though, we think of Manhattan, one of the city's five boroughs. The others – the Bronx, Brooklyn, Queens and Staten Island – have their own stories. Manhattan is Central Park, Broadway, Times Square, Madison and Park Avenues, Harlem, Greenwich Village and more, all crammed on an island roughly 23 miles long.



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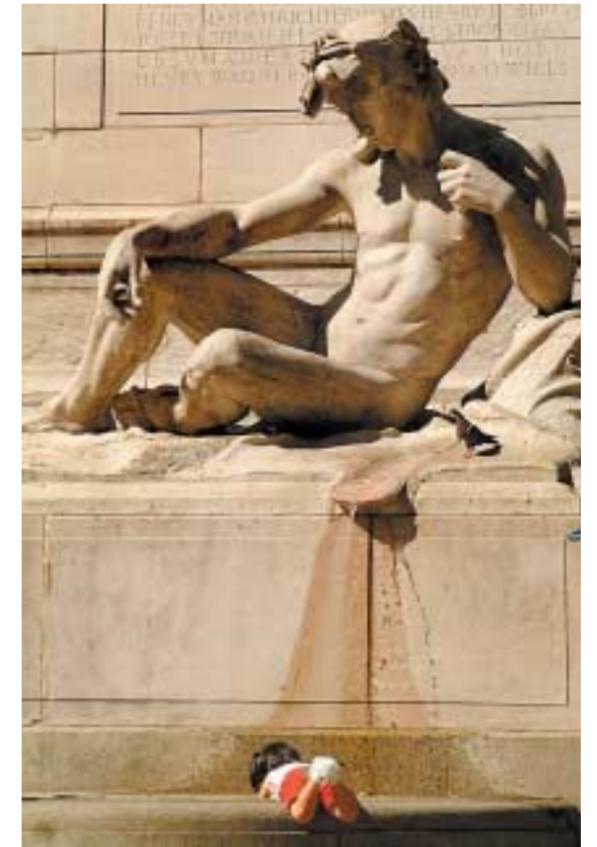


Visitors come to Manhattan to see the landmarks – the Empire State Building, Flatiron Building, Grand Central Terminal, Ground Zero of the World Trade Center.

They come to follow in the footsteps of the famous, to see the world's best museums, theatre and restaurants. It is the centre of fashion, arts, music and entertainment.

But New York is really about people. Everyone here is an actor, actress, model, artist, musician – something. There's the cab driver with his own fashion line, the street vendor hawking his hand-designed hats. New Yorkers act blasé about celebrities, but everybody wants to know someone, or at least to know someone who knows someone.

Clockwise from upper right: Fountain at South West entrance to Central Park, view of Manhattan and Hudson River, Grand Central Station, Times Square





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Clockwise from above: Umbrella on Poet's Walk, Angel of the Waters Fountain, Flatiron Building, Brooklyn Diner, NYPD on patrol, music in Central park.

New York is the place people come to make their biggest dreams come true; Manhattan is the address of choice. In fact, talk to people and you quickly begin to see the importance they put on address. Here, the status of your accommodations is a direct reflection of your success. It's like a game of 20 questions in which every answer takes you higher up, or lower down, the social hierarchy.

What's your address, how many square feet, do you have more than one room, do you have a bedroom, kitchen and living room, does it have a balcony, do you have a doorman? Notch yourself up the ladder with each 'yes' you give.

The list goes on. Do you have a car? Do you have a view of the park? Central Park, of course, but now you're getting into the million dollar apartment range. For renters, a one-room apartment in a rent-controlled district of Manhattan can cost you upwards of \$1,000 a month. If you're in the market to buy, you can pay anywhere from \$400,000 to \$12 million for an apartment. But a million dollar apartment with a hip address, great view and uniformed doorman – that's the dream everyone is chasing.

Another status symbol is your telephone number. What's your prefix? If it is 212, then you've been living here longer than 10 or 12 years and that means you're a die hard New Yorker. You automatically earn a level of respect and prestige. Other New Yorkers recognize that just surviving in the city is a reflection of grit.



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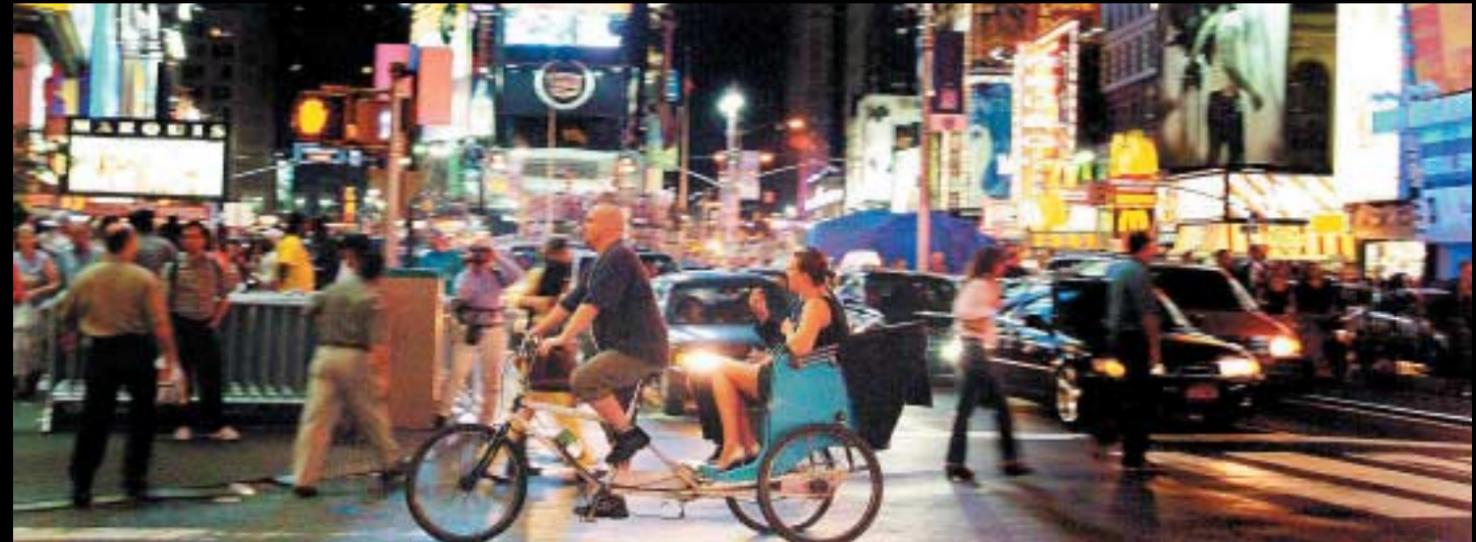
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New York is built on the hopes of immigrants. It's got to be the most international city in the world. There is probably someone of every nationality, every religion, every country and every major city living here at any given time. Can any other world city say THAT? But there's also a place for everyone.

You'll never feel like an outsider here because there are societies within societies within societies.

Over the past hundred and fifty years, millions of people have come here to start a new life. They were running away from political, racial, social, spiritual or artistic oppression. And they're still coming. New York is life without boundaries. Standing on a street corner or watching the flamboyant roller dancers in Central Park, you think to yourself, these people are free.

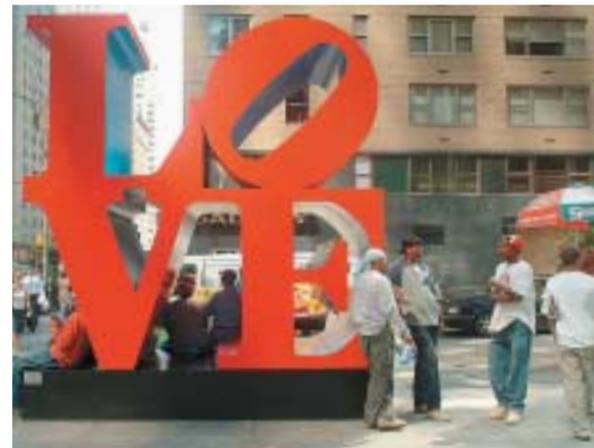




Central Park is where the parade of humanity all comes together. It's 843 acres of green lawns, landscaped gardens, tree-lined trails, ponds and lakes. New Yorkers call it the 'yard.' It's really a sanctuary for the soul. Your financial status doesn't count here, everyone uses Central Park. It's the only place you can really escape the constant noise of the streets. You go to sun, to think, to be alone (in a crowd), to listen to music, play music, read, skate – you name it. It's also one of the most beautiful parks in the world. There's the ethereal Poet's Walk, Strawberry Fields, The Ramble, Cherry Hill and Angel of the Waters Fountain.

At any given point, you feel you've stepped out of the real world and onto a movie set. In a way, you have.

Scenes from *When Harry Met Sally*, *Home Alone II* and Woody Allen's *Hannah and Her Sisters* were filmed here, among countless others. This sense of déjà vu happens a lot in New York City. The landmarks are so familiar, it's surreal. The hustle and bustle soon brings you back to reality.





Every city has a different noise, but if you played a tape of New York street sounds to someone, chances are they'd be able to identify it right away. It has its own beat and melody – the sirens, taxi horns, voices yelling. It's a confusing kind of music but it still has energy, life, a pulse.



Clockwise from above: Avenue of the Americans, domino players, emotions at Ground Zero, NYPD, window washer.



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That pulse is the people. New York is more than concrete and steel, it's people of passion and determination. That was evident in 9/11. Everybody has a story about that day. Chris van Duyne, a crane operator who hoisted us up to the heights for some skyline photos, tells how he and his brother and friends went down to Ground Zero after the towers collapsed and started to work.

They weren't paid and they didn't ask to be. Cranes came from as far away as Ohio to help out, gratis. That was the prevailing mood – anything to help.

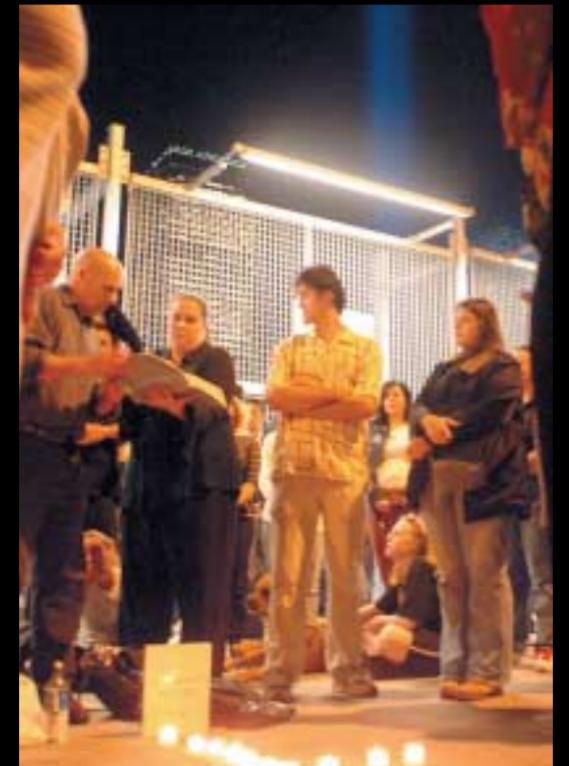


Musician Jon Ballantyne had flown in from Chicago the night before. When he got up late that morning, he found a note from his wife saying his sister had called about a plane hitting the World Trade Center. "Initial reports were a small plane had hit. I turned on the TV and see all this smoke coming from one of the towers and I say to myself, where's the other tower? I didn't know at first that it had collapsed. Then I saw the second one go down."

Designer Michael Kaye has vivid memories of the day. "I remember going up to St. Ignatius Loyola Church, where Jackie Onassis' funeral was, and praying. Later, I saw a man leaving a hospital. He was okay but he was covered in that white dust. It was freaky."

Emotions run high at the Ground Zero site.

The list of victims, all 2,792 of them, are mounted on a wall along with an informal guest book. It is not a pristine, tidy memorial – it's covered in photos, wreaths, flowers, notes from loved ones and other tributes. It's almost too real. At night on the second anniversary of the attacks, makeshift tributes popped up all around the site.



a slice of The Big Apple

There is a LOT to see in Manhattan, too much for any one visit. Wear good shoes because you're going to walk a lot.

When even good shoes don't prevent stiff, sore joints and back, book a massage at Osaka 56 (or its sister Osaka 46). Like everything else in New York, it's open late (till 3a.m.) but it's legit. Late night clientele are mostly theatre actors, dancers and models coming in after curtain call. If you want the massage of a lifetime, try the shiatsu-Swedish head-to-toe massage with steam and sauna. 50 West 56th Street, 212-956-3422.

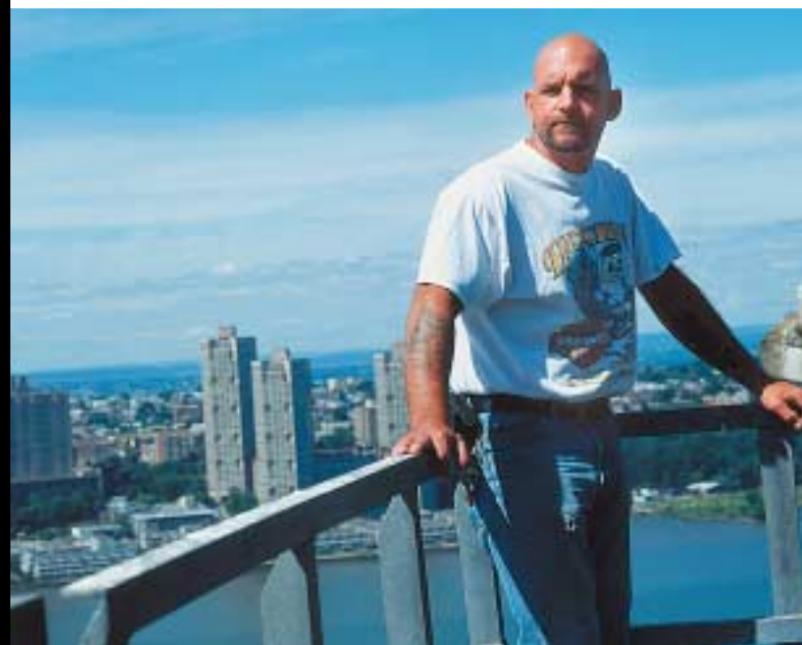
If massage isn't the cure for what ails you, then food must be. Try Monte's of Greenwich Village. Great Italian and seafood, but what you're really going for is the atmosphere. The people and sense of place makes it feel like you're sitting down in a movie set. Just sit back and enjoy watching the colourful characters. 97 MacDougal Street in Greenwich Village, 212-228-9194.

New York is a city of many world class museums. One you may not have heard of is the Museum of Sex. Through December it's showing NYC Sex: How New York City Transformed Sex in America, a detailed history of the city's sexual subcultures from 1825 to the present. 233 Fifth Avenue at 27th Street, www.museumofsex.org

In mid-range accommodations, Gershwin Hotel is a trendy choice. Located in Downtown Manhattan not far from the Empire State Building, it features a funky pop art décor, including an original Campbell soup piece by Andy Warhol. Rates start at \$99 US per night. 7 East 27th Street, 212-545-8000, website: gershwinhotel.com.



After 9/11, Chris van Duyne, a crane operator, his brother and friends went down to Ground Zero and started to work.



New Yorkers are a spirited people.

The terrorists underestimated that spirit. People here have a history of valuing their freedom. They won't ever forget 9/11 but they also haven't let it stop them. They're still building skyscrapers, pushing the skyline higher and higher. That, to me, shows there's much more to New York City than its landmarks and museums. See them, enjoy them, but talk to the people in the restaurants and on the streets because New York is all about the people. 🍷



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THE CUSTOM KITCHEN

For those with a taste for the finer things in life, there's no better showcase than a high-end custom kitchen

Story by Karen Millard



Kitchen by Redl Kitchens



Kitchen by Superior Millwork

Marlene Miller has some words of advice for those planning a custom-designed kitchen. "Use the professionals, use the professionals!" she says, laughing. The kitchen in the home Miller shares with her husband and two sons has undergone a breathtaking reincarnation. Still, she cheerfully admits she had no idea what she wanted when she began the project.

Lynn Ekdahl, a designer at Redl World Class Kitchens, sympathizes. "Kitchens are something you don't shop for everyday, so people aren't as up to date on them. They're not aware of what's out there and what's available."

What's available is a dizzying diversity of options. Whether you are renovating your 25 year old original or creating a new installation for your dream house, the overall look of your custom kitchen will reflect one of two major styles: traditional or contemporary.

Traditionally styled cabinets often feature lacquered surfaces in white, cream or maple. The light tones tend to be more popular in renovations of mid-seventies homes since they fit that style better than either new constructions or character home renos. Wood finishes may be distressed or embellished with simulated worm holes or crackling for an antiques or heritage look.

"With traditional kitchens you can get quite elaborate with onlays and corbels, pilasters and rope mouldings," Ekdahl says. "You can also get elaborate hood canopies above the cooking surface."

Kerry Rendek, a Professional Kitchen and Bath Planner for Superior Millwork in Saskatoon, estimates that on the prairies, traditional designs account for approximately 75% of installations. Even in larger centres such as Vancouver the traditional look has held sway. The experts predict this may soon change. "All the design magazines have been showing a sleeker look for some time now," notes Ken Carter of Redl Kitchen Studios in Vancouver. "We're so far the other way, towards corbels and finials, we can't help but rebel."

The sleek look is the hallmark of contemporary cabinet designs. Flat panel doors gain richness and depth by the use of solid

colours, darker tones and high-gloss finishes. New, exotic wood veneers such as mottle makore or anigre lend visual interest. Cabinet designs often incorporate materials such as stainless steel or brushed chrome. Ekdahl points to a bank of stainless steel drawer fronts in a birch cabinet. The cool grey metal offers a refreshing counterpoint to the warmth of the wood. It attracts those who love the traditional look of wood but long for a trendier feel. "It's a popular look everywhere because it's a cross between the two," she says.

A contemporary look can also be softened by a design that incorporates sweeping curves. "You don't want to do too many," Ekdahl cautions, saying that a space-age appearance may result. Since curves are more expensive to manufacture, they're not likely to show up in the do-it-yourself market.

This built-in coffee brewing system not only brews the perfect cup of coffee, espresso or cappuccino, it also grinds the beans, froths the milk and dispenses exactly the right amount into your cup.

Modern designs need never look outdated. "The different wood tones are going to look good five years from now, ten years from now. A natural tone of a cherry or a natural tone of an oak is going to be timeless," Rendek explains.

New design features are showing up in both traditional and contemporary styles. Base cabinets, for example, are sprouting legs reminiscent of the freestanding furniture in European kitchens. Contemporary cabinets stand tall on long, slim legs; traditional ones rest on turned posts or bun feet. One nifty product is a series of stainless steel storage bins with ventilated lids integrated into the base cabinet behind the sink. Flush with the counter, the bins conceal pot scrubs and rubber gloves. A coordinating row of knife slots further frees up counter space.

Other features are helping maximize storage space. Pantries with rollout trays continue to gain in popularity, as do pot and pan drawers. "We do those pretty much on a daily basis," Rendek says.

"The large drawers are wonderful. When you pull them out you've got instant access to everything, as opposed to climbing on your hands and knees to the back of the cabinet."

With new hardware technology to support their weight, drawers have become larger and wider. Now, instead of having your utensils stored in separate drawers or, worse, cluttering up the counter, you can store and organize them all in a single space. Deeper cabinets above the refrigerator are also attracting interest. "If you go with a 24" deep upper cabinet, it's a great place for saving your bowls and your larger things," Rendek notes. A technique known as staggering can create a variety of dimensions in height and depth. "Another feature that's quite nice is under cabinet lighting. Having light coming in front of you where you're working, instead of over your shoulder, is wonderful."

For counters, solid surfacing remains the popular choice. So does granite, but quartz is an attractive and durable alternative. If you live in a character home, consider using marble for a softer look more in harmony with an older home.

Technology is doing its bit to transform the high-end kitchen. Larry Westby of Miele Bosch Kitchen Centre shows off a built-in coffee brewing system that not only brews the perfect cup of coffee, espresso or cappuccino, but also grinds the beans, froths the milk and dispenses exactly the right amount into your cup.

A state of the art refrigerator can be monitoring your family's habits, adjusting for the number of times the door opens and for how long each time, while a sophisticated new oven can make cooking a breeze. "This is an oven that knows how to cook. It has a fully electronic brain," Westby says.

In the end, Ekdahl cautions her clients not to be unduly influenced by popular design trends. "A high-end kitchen is something you'll have for 20 years," she notes. "It's a little bit about what's in style, but it's more about what you like and what you're comfortable with." ♡

MARTINI RECIPE

THE BLIND DATE

1oz Smirnoff Orange twist vodka

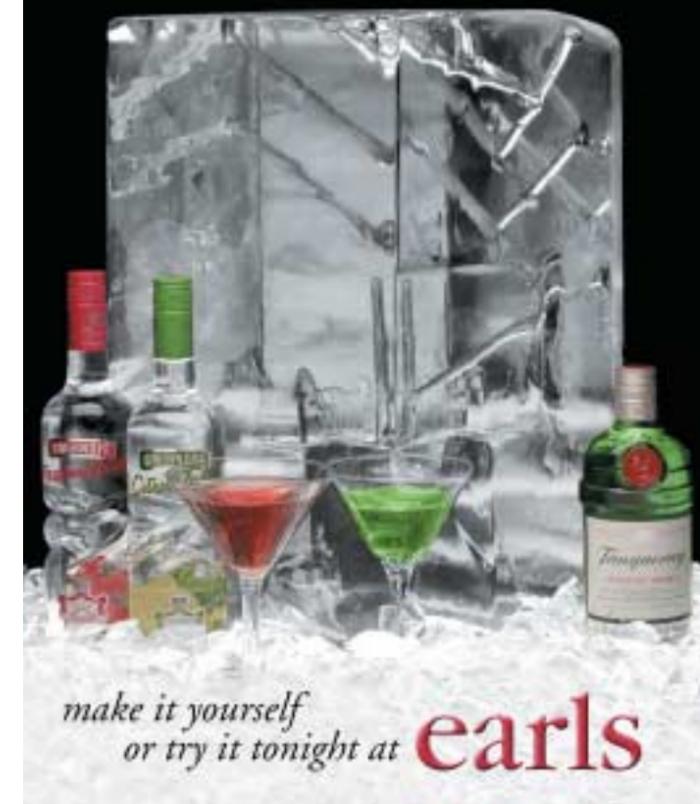
1oz Peach Liqueur

1oz each of Cranberry and Pineapple juice

Shake well over ice.

Pour through a spectacular hand sculpted Ice block.

Serve in a chilled martini glass.



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A Spin Class Review
By Andrea Michaud

As more and more people incorporate fitness into their lives, many seek different ways to get that daily sweat. Interval training involves short, high-intensity exercise periods alternated with periods of rest, repeated several times to form a complete workout. This form of training has become increasingly popular, turning up in mainstream activities such as spin classes. Although not new to the fitness scene, spin classes continue to draw a crowd at fitness facilities. Never having attended a class and looking for a change, I decided to try out spin for myself.

A spin class is basically a fitness journey on stationary bikes that simulates mountain and road biking, but without the traffic. The class lasts 45 minutes and is led by an instructor who is also on a stationary bike. The instructor sets the 'course' and puts it to loud, energetic music. Following the cues of the instructor, each person changes the resistance to simulate going up and down hills and gets off their seat to climb or sprint. The instructor was great at motivating the class, although at times I imagined her as a drill sergeant shouting out orders, making me work harder and harder.

Spin offers a fun, challenging class that accommodates all levels of fitness, as each person ultimately determines the intensity of their workout. For newer students or those just getting into fitness, simply use less resistance. More resistance can be used for the serious fitness fanatic. I hadn't realized it was possible to sweat so much in 45 minutes.

Spinning is more like riding a real bike than anything else you will find at your local gym and a great way to change up your regular fitness routine.



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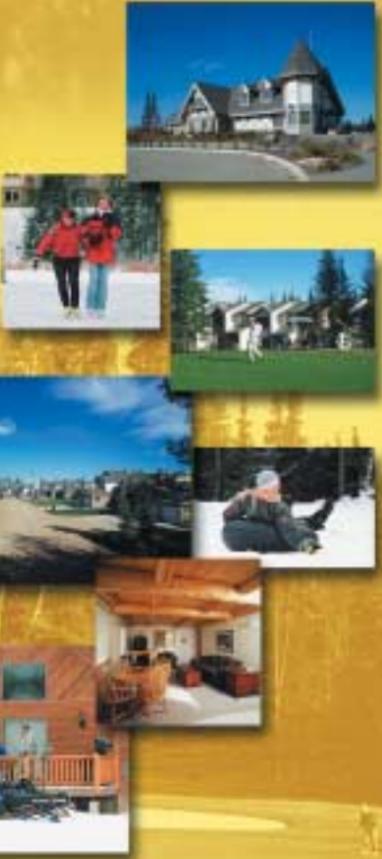
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If You Can Make It Here...

Story by Lal Ingram Photography by Sean Francis Martin, DHS Communications

Ask 39-year old pianist Jon Ballantyne what it takes to be a jazz musician in New York City. He'll tell you what it's like to play with some of the greats – Joe Henderson to Phil Dwyer. He'll also tell you what it's like to listen to the best in the world and then hear yourself on tape and know you're just not there yet.

"1987-88 was a formative time for me and I remember hearing tapes of myself and thinking, 'I've still got so much work to do.' So I practiced 12-14 hours a day for several months. I had pretty good natural technique, but that didn't mean anything if the notes weren't placed well and that's what I had to learn how to do. The only way for me to get there was to play hour after hour after hour after hour."

In jazz music, there are few overnight successes, maybe a few wunderkinds, but for most, this is an art form where you pay your dues. "I definitely went through the dues paying period," Ballantyne says. "Through all those years of scuffling and not necessarily making a lot of money I learned how to live frugally. But the thing about playing jazz is that you become so passionate about it. When you realize just how great the music is and how great the history is, you think, 'I want to be a part of this.'"

Born in Prince Albert in 1963, Ballantyne was exposed to jazz from an early age. His father, Fred Ballantyne, is a well-known musician on the local scene whose record collection ranged from the recordings of

Miles Davis and John Coltrane to Frank Sinatra. Jon started piano at six, at 10 he was playing classical piano, at 17 he won a scholarship to Mohawk College in Hamilton, Ontario, where he stayed only one term, then at 18 won a scholarship to North Texas State University, one of the best music programs in the country.

By 1985, he was gaining notice. He won Downbeat magazine's Deebee Student Music Award for Outstanding Individual Performance that year. The next, his trio won Best New Jazz Group in Canada at the Montreal International Jazz Festival. That led to a performance at the Paris Jazz Festival, where he opened for Dizzy Gillespie and Dexter Gordon. And then came Sky Dance.

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Recorded in late 1988, Sky Dance featured legendary saxophonist Joe Henderson as special guest. It went on to win the 1989 Juno Award for Best Album, but for Ballantyne, the biggest thrill came at the end of the recording session.

"When Joe Henderson asked me if I could play some gigs with his quartet, that was the highlight of my life. I went on to do 50 gigs with him over the next three years – with one of the greatest musicians in jazz history. The first gig I played was in New York City. We did six nights there and every musician in town came out. I hadn't even lived in New York at that time. It was scary. I was practicing six hours a day before the gig just to feel like I could make it through.

"I didn't get serious about playing jazz until I left home. And then I started doing 8 to 10 hour practice sessions everyday. Then that wasn't good enough."

It sounds idyllic, like a steady upward progression through the jazz ranks. That is true, to a point, but again the reality of jazz is that after 15 years, Ballantyne is really just hitting his stride. He looks back on who he's played with and for a moment seems awestruck. "It's hard to put into words experiences that were so profound. Showing up every night and wondering how I got there, and hoping I was going to rise to the occasion. I never get fired, so I guess I did," he laughs.



"Joe was one of the greatest improvisers in jazz. Some nights, the music was staggering, just staggering. I'm playing with him but I'm also trying to absorb as much as I can in the hopes that it will rub off. I mean, you wonder, how is it that this guy makes time stand still? That's what the greatest musicians in the world do, they make time stand still. It's a feeling of euphoria when you're in the midst of that kind of greatness."

It was the beginning of a journey that has seen Ballantyne play with some major names. He's toured with the bands of Henderson, Woody Herman, Dave Liebman and Pepper Adams, studied in New York with Barry Harris and Paul Bley, shared stages with Roy Haynes and Joe Lovano. He's made eight recordings, including 1991's A Musing with pianist Paul Bley, 1994's The Loose and 1995's Trio Live with bassist Drew Gress and drummer Billy Hart, 1998's Known/Unknown with Drew Gress and Gene Jackson.

Today he divides his time between a small apartment in Upper Manhattan and a fixer-upper house he shares with his wife, Anne, in Pennsylvania. The house is a recent move; Ballantyne lived off and on in NYC between 1988 and 1992, moved there permanently in 1993 and finally got his green card in 1996. Throughout, he has made his living playing, writing and recording jazz.

For the past two and a half years, Ballantyne's energies have been focussed on his quartet, with himself on piano, Boris Kozlov on bass, Douglas Yates on bass clarinet and saxophone and Jeff Hirschfield on drums. They recorded Round Again in 2001 with Hirschfield and Gene Jackson sharing drum duty and featuring guest saxophonist Dewey Redman. Following the

release of the CD, the quartet toured Germany, Italy and Israel, and recently played international jazz festivals in Rochester, NY and Stockholm, Sweden.

"We're playing all original music. We're rooted in modern straight ahead jazz, but we're really trying to expand things beyond what we know. That's what jazz is all about. It's taking chances and trying to see what you can come up with. My pieces are really pieces for improvisation. I'm trying to suggest, not a hook but an idea, a flavour. You put that in the hands of individual players.

"One thing about musicians in New York, they're not overtly derivative. When you get mature as a jazz musician, you want to shed your influences. You don't want them to be obvious, that's the school I'm from," Ballantyne says. "I was walking by this club the other day and there was a guy playing like John Coltrane from 1958. It was like a dead ringer. That's not easy to do, by the way, but at the same time, I had to say, how old is he? If he's 20, then that's okay. If he's 40, I don't think that's okay. I think by now he'd better think about how he wants to sound. I figured he was about 25, so I'll give him a few years."

For now, with a steady gig and work with his quartet, Ballantyne is pondering the possibilities of what comes next. After ten years in the Big Apple, it comes as something of a surprise to hear he is seriously considering moving back to Canada.

"My wife is from Finland originally, which is similar to Canada. They brave the winters, they're a tough bunch of people, but they're also soulful. In a lot of ways, there are parallels. We always enjoy it when we go to Canada. My dream would be to play gigs across the country. I'd love to play Yellowknife, I've heard audiences are good up there.

"Oh I'll definitely keep my ties to New York. I mean, this is the greatest city for jazz. The music has evolved in New York. You can feel the vibe. That's why so many good musicians end up here, at least for some period in their careers. But it's a bit of a dream to move back to Canada." 🍷

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The Sophisticated Style of Elwood Flynn

Tall, impeccably dressed, with an open face and friendly manner, Elwood Flynn is passionate about the men's apparel industry. The industry is pretty fond of him, too. Story: Beverly Fast Photography: Sean Francis Martin, DHS Communications

"He's basically a legend in our field," says son Barry, who followed his father into the menswear business. "I go to a lot of fashion shows with him and we don't make it down many rows without stopping and talking. When you've been around for 50 years, you know, they talk about him in the same breath with Harry Rosen and Henry Singer."

In 1995, the retail Council of Canada recognized Elwood Flynn for Men with a Retail Excellence Award – one of only 7 awards given that year.

Elwood Flynn has carefully crafted his reputation. "I have to believe in something before I can sell it," he says. Over the past 47 years, his store has become a brand unto itself. "Our style is investment clothing, it's quality, style and performance without compromise. Good taste is an intangible essential that identifies all of our merchandise. We have exclusives on some of the leading names in men's fashion: Warren K. Cook, Paul & Shark, Signum, Allen Edmonds, Arnold Brant as well as excellent selections of Hugo Boss, Jack Lipson and many other famous brands."

Getting behind the latest looks is something Flynn has never been afraid to do. Born in Kindersley, he moved to Saskatoon in 1944 to attend Nutana Collegiate. He got his start in men's apparel while still in high school, working for Jack Mallin. Later he partnered with John McAskill and Ken Fenwick before opening his own store in 1956.

"Those were some real glory years, seeing the business grow, making lots of good friends," he says of his early days in the store. "I remember when we started the store, we had a sign underneath that said 'The Ivy Shop.' Anybody that went to Harvard and Ivy League schools, this was the philosophy of dress. Natural soft shoulder suits, narrow ties, striped ties, tweedy jackets, no pleats in the pants. It introduced us to a certain level of sophistication, and we were leaders in it. We were one of the few stores in western Canada that understood it and got behind it."

Flynn smiles when asked about some of the memorable trends he's seen over the years. "There are few things more unpredictable than the constant changes in style and fashion. I've witnessed the 14" drape pant bottoms to the wide bell bottoms, skinny fitting clothes to the oversized relaxed look, extremely wide suit lapels to the very narrow, short length to very long length suit jackets. I could go on and on."

He thinks for a moment, then goes off to fetch some examples. He returns with two men's ties – one narrow and one so wide it could only have come from the 1970s. "When this was in fashion [holds up the narrow tie] we thought it was the greatest thing, when this was in fashion [holds up the wide tie] we thought it was the greatest. Just call it the eye of fashion." He pulls out a tape measure. "Yeah, this one's two inches and this one's five inches. So that's what I've seen in my day. You accept the wide diversity of

styles and modify them to fit your personal choice."

Flynn has always adapted the latest fashions to the tastes of his customers; it is one of his strengths. "We adapt our store to our customers, to where we live, to what we believe in. We match things up to each personality but we let them be themselves. We have an eye and a taste level, so sometimes we'll push them to the next level. If it's the right thing, we'll do it, but it has to be in character with the person."

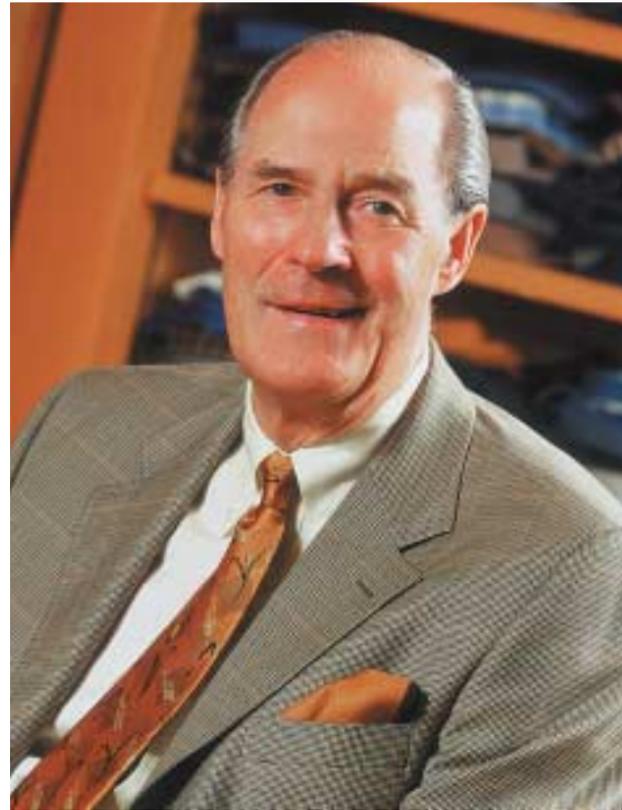
His memory for customer purchases is another strength, it's even a little bit uncanny. Most men only go clothes shopping once or twice a year. Yet Flynn knows his customers by name, knows their tastes, what they bought and whether he's got something new to go with that pair of shoes or jacket or suit they bought last time. It has become part of the Elwood Flynn charm.

But Flynn is quick to credit his success to those around him. "I have many people to thank for their support and mentorship: my early employers, a multitude of wonderful sales reps and many groups of people involved in the fashion industry. Good staff – that's how you build a clientele. And Joan's been with me all the way."

Joan Flynn is Elwood's wife and one of Saskatoon's first ladies of fashion. They married in 1955 and have two grown sons: Barry who runs Ultimo Euromoda next door to Elwood Flynn for Men, and Jeff, whose company produces decals for leading North American corporations.

"Joan has been a great supporter and friend," Elwood says. "We were both involved in the Town Cobbler shoe store and then Joan got into the ladies fashion. We were busy, but we travelled to shows and went on buying trips. It worked out well. And both having the same common interest, well, we understood if somebody had to come home late or go out of town on business."

Many of Flynn's trips took him to New York City, where he was able to indulge his other grand passion: jazz. "Yeah, I'm a big jazz fan. I've seen Duke Ellington many times, Wynton Marsalis three or four times. My favourite jazz player is Clark Terry. He's played with Ellington and Basie, he's just wonderful. I just saw



Joe Sealy in Toronto. I've been to the Montreal International Jazz Festival many times."

He's also been a supporter of the local jazz scene, though he's modest about his contributions. "People talk to me, maybe they seek my opinion and I'll tell them what I think. I've been really lucky in the people I've had the pleasure of hearing. And many of them have become friends, too. I'm really comfortable in that world."

Flynn has met a lot of interesting people in his travels. He's known Joni Mitchell for many years. "Joni's dad has been a customer almost since the day we opened the store," he says. "When she's in town, which isn't too often, we have coffee. I've got a CD from her that says to 'the best

dressed man in Saskatoon' or something." He smiles at the thought. In his store, he's catered to the needs of visiting musicians and entertainers: Harry Belafonte, Red Skelton, Mike Keenan and members of the Team Canada hockey team, Fred Davis and Dave Broadfoot.

Flynn's roots run deep in the community.

The store throws its support behind a number of charitable causes, and Flynn himself has been a proud Rotarian for over 25 years. "We Rotarians quietly go about our journey, supporting needy projects around the world as well as many local community services," he says. "But I still work about six days a week, so it's difficult to do all the things I'd like."

Most days, you'll find Elwood working the floor, tending to customers. Something he may not have expected when he started was just how far flung his clientele would become. There are Elwood Flynn customers across the province, especially in Regina, as well as in Ottawa, Calgary, Vancouver, the United States, England, Mexico, Singapore and New Zealand. "One Singapore customer has a high power job in London, England and he just blows the people he works with away. They can't believe there's a store out

here that has this quality and sense of fashion and sophistication."

Most of the expatriate customers have some tie to Saskatoon, but they also share an appreciation for the service they find here. "The people who really seem to appreciate his reputation are from big cities," son Barry says. "You get a level of service and selection here that you'd probably have to spend a whole day in a big city to find."

"And dad's always been a real gentleman, that's one of the reasons people like and respect him. He's got an excellent reputation. You know, not every son can work with his dad, not every dad can work with his son, but if you can and it does work, it's the best situation possible." ❀

Live from New York City

September 2003: Fashion Week in New York City. The world's hottest designers are introducing their spring 2004 collections. Couture designer Michael Kaye is enjoying the buzz and we were there to shoot it.

Story by Beverly Fast
Photography by Sean Francis Martin, DHS Communications





Kaye grew up in Edmonton, Alberta and got his start making ball gowns for debutantes attending the local Johann Strauss Ball. He remembers sketching wedding gowns from an early age. “It probably sounds weird, but I loved weddings. I’d go just to see the gowns. Then in high school, I was an escort for a debutante at the Strauss Ball. The next year I did my first gown for one of the debutantes and by my sixth year, I did gowns for eight of the 24 debutantes.”

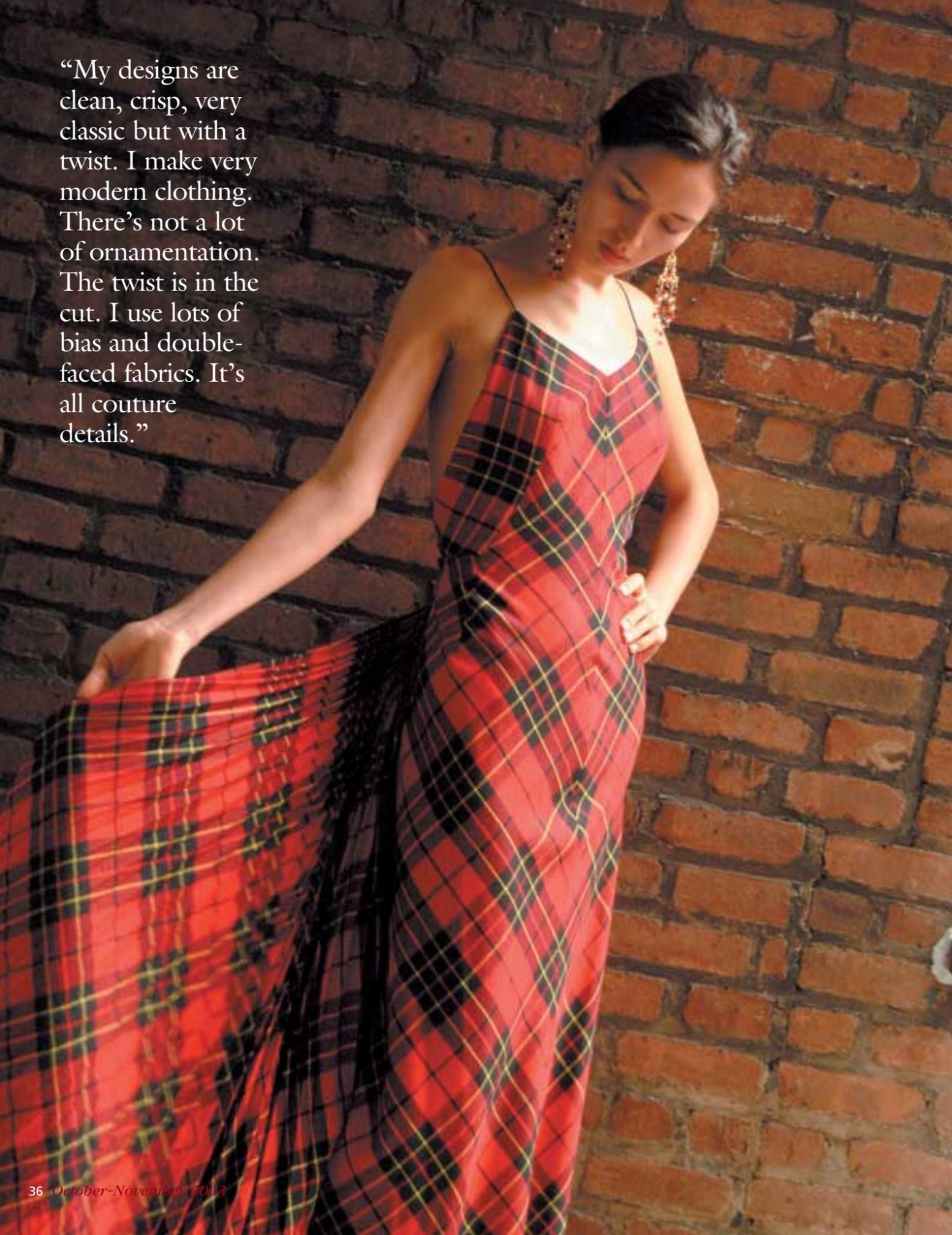
In 1989, Kaye took a leap of faith and applied to New York’s prestigious Fashion Institute of Technology. He got in. It would be easy to say the rest is history, but this isn’t a fairy tale. Kaye did what so many ‘overnight successes’ have done – he worked hard. He poured his passion and energy into his designs and paid the bills by working in “every price point in the garment industry.”

He turned to couture about three years ago. Couture refers to individually made, individually fitted garments, one-of-a-kinds made specifically for one person. “It’s the most laborious technique in making clothing. There’s a minimum of machine sewing and a lot of hand sewing. You do several fittings. It’s hours and hours and hours of work, but the pay off is that my clients don’t see each other coming and going at parties or social engagements.”

“I do a lot of taffeta. I do a lot of tartan. I use the finest, most luxurious, most sumptuous fabrics.”



“My designs are clean, crisp, very classic but with a twist. I make very modern clothing. There’s not a lot of ornamentation. The twist is in the cut. I use lots of bias and double-faced fabrics. It’s all couture details.”



Kaye’s progression into couture designer was a combination of necessity, fate and luck. His employer was moving to Florida and Kaye wanted to stay in New York, so he found himself without a job. Tiffany & Co. commissioned him to make seven gowns to accompany one of their touring jewellery displays around the country. Then a good friend called him up, in need of a special gown for a social engagement.

“I did a tartan gown for her. She wore it out and of course people asked about it. I’ve been getting calls ever since.”

It was the start of Michael Kaye Couture. The gown is now in the Metropolitan Museum of Art’s Costume Institute. It’s part of a collection of more than 75,000 costumes and accessories from five different continents and seven different centuries. It is also in esteemed company: Coco Chanel, Dior, Givenchy and Saint Laurent are just some of the haute couture names represented.

“The recognition [I received] for that gown introduced me to a whole new echelon of people. I’ve dressed some pretty big names,” Kaye says. While some insist on their privacy, he can say he’s dressed celebrities such as Alden Lagasse, Emeril Lagasse’s wife, Lucy Arnez and Katie Couric. His designs have also been featured in major magazines, including Martha Stewart Weddings, Town and Country, In Style and Vogue

health *brief*

Imagine a soothing hot stone massage...courtesy of your employee health plan.

It's true. Many registered massage therapies are covered under major employee health plans. Depending on your plan, you may be covered for either a dollar amount or a certain number of treatments. With the calendar year drawing to a close, why not take advantage?

"With the lives we lead today, massage therapy is a great stress reliever," says Melissa Hampson of Spa Ahava in Saskatoon. "It can relieve pain, tension and aches. It has excellent therapeutic benefits if you've had an injury, say from a car accident or lifting a heavy load, or if you're an athlete."

The hot stone massage is one of many different types of massage available. A massage therapist strategically places and massages heated basalt lava stones on your body, letting the heat transfer to your muscles, relaxing and soothing them. Other types of massage include aromatherapy, Swedish (a deep tissue therapeutic massage) and pregnancy massages.

In each case, a registered massage therapist performs the treatment. Registered is the key word here. In order to qualify for coverage, the treatment must be performed by a registered massage therapist - their certification number is stamped on your receipt. Without that, your health plan won't reimburse you.

Costs vary from \$25 to \$65 for a 30-minute or 90-minute massage therapy session, and \$40 to \$80 for a 30-minute or 90-minute hot stone massage.

Most sessions begin with a consultation. It's important to tell the massage therapist what area you'd like worked on and what you expect, even during the treatment. Most registered therapists will send you home with stretching exercises and suggest maintenance visits to help you keep your muscles relaxed. Consider the visits an investment in your own good health...courtesy of your health plan.



"I stand outside that building and think, 'oh my god, I'm in there. My gown is in the permanent collection of the Costume Institute at the Metropolitan Museum of Art. I'm in there with Picasso, Van Gogh and all these world famous artists.'"

One of the biggest boosts to his career, however, has been dressing New York socialite Cece Cord. Cord was a perennial on New York's best dressed fashion list until they finally inducted her into the fashion hall of fame. "Cece has been wearing my clothes for about two years now. She used to wear only James Galanos. Since he's retired, I've been very lucky and fortunate to dress her. When people ask, she says she wears vintage James Galanos and contemporary Michael Kaye. It's been great for me."

With his star on the rise in the elite world of couture fashion, Kaye continues to draw

inspiration from living in New York. "I live in the greatest city in the world. There's never a dull moment." And every once in a while, especially when he's walking his dog past the Metropolitan Museum of Art, he ponders on how far he's come.

"I stand outside that building and think, 'oh my god, I'm in there. My gown is in the permanent collection of the Costume Institute at the Metropolitan Museum of Art. I'm in there with Picasso, Van Gogh and all these world famous artists.'"

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BIG APPLE STUFFED PHEASANT BREAST

Big Apple Stuffed Pheasant Breast
serves 6

6 pheasant breasts (skin on with wing bone attached)
2 apples (of your preference)
1 red pepper (diced)
1 shallot (finely diced)
salt & pepper (to taste)

Sauté apples, red pepper & shallots until slightly softened. Season & cool. Pocket each breast with a paring knife & stuff filling into each breast. Dredge breasts in seasoned flour. Shake excess flour & sear in a hot pan (with canola oil) with skin side down. Sear until

golden brown then turn breasts over & sear the other side for about 1 minute. Remove & Place on a baking sheet. Cook for about 5-8 minutes in a 400°F oven. Let breasts cool slightly for 2-3 minutes & cut in half for presentation.

Serving Suggestions -

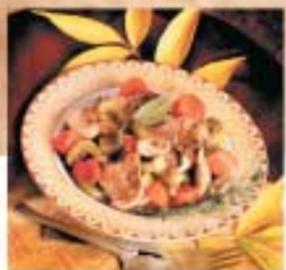
- caramelized onion mashed potatoes
- fresh julienne vegetables
- sauce made from searing pan with Calvados, wine or water
- assorted seafood (mussels, shrimp, langoustines, etc.)

This recipe courtesy Executive Chef Steve Driver and Sous Chef Rusty Penno from Boffins.

Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.

Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.

For schedules and costs contact Ray Dulos at 249-5344.



DHS
COMMUNICATIONS



what's out west

The mother of all parades, the 77th annual Macy's Thanksgiving Day Parade, happens November 27, 2003 in NYC.

WINNIPEG

International Wine Festival - October 17-19, 2003

The Forks

A stellar selection of fine wine from over 300 wineries around the world, accompanied by exquisite cheese and patés, soothing music, great company and barrels of fun. Free tickets call (204) 947-9084. www.theforks.com

The Matrix Reloaded: the IMAX Experience

IMAX Theatre at Portage Place

The Matrix Reloaded has been digitally re-mastered into the unparalleled image and sound quality of the IMAX Experience. For tickets, call Select-a-Seat at (204) 780-SEAT. www.imax.com/winnipeg/

SASKATOON

Daring Confessions: Romance and the Modern-day Girl until November 16
Mendel Art Gallery

New works by emerging female artists from across Canada explore the literary, commercial and cinematic genre of romance, investigating how young women negotiate their sexual and emotional needs and desires within (or without) constructed notions of love. Call (306) 975-7610. www.mendel.ca

George Carlin with Dennis Blair - November 18, 2003

Centennial Auditorium

One of North America's most popular and irreverent comedians comes to town for a one-night only performance. Carlin's unconventional take on life recently earned him a third Grammy, adding to his six CABLEACE Awards and five Emmy nominations. For tickets, call (306) 938-7800 or 1-800-970-7328. www.saskcent.com

The SIGA Enchanted Forest - November 28, 2003 - January 11, 2004

Canada's largest outdoor drive-through Christmas light display is back with more than 900 brilliantly lit images, animated displays and giant Christmas trees. Nightly at the Saskatoon Forestry Farm Park & Zoo. Car pass available at gate, advance passes at Saskatoon Canada Safeway stores.

REGINA

Pavlo in Concert - October 31 - November 1, 2003

Casino Regina Showlounge

The 'Greek god of the guitar' brings his signature Flamenco guitar and Latin style to the Showlounge. For tickets, call (306) 565-3000 or 1-800-555-3189. www.casinoregina.com

Grey Cup 2003 - November 12-16, 2003

Take a weeklong wild ride through the greatest festival the CFL has ever seen. Activities include the Downtown party tent, venues of different CFL teams, flag football championship, the Grey Cup Parade on Saturday and the big game itself on Sunday, the 91st annual Grey Cup at Taylor Field. Call 1-866-GREY-CUP. www.greycup2003.com

Canadian Western Agribition - November 24-29, 2003

Regina Exhibition Park

Western Canada's premier agricultural show and marketplace features six days of grandstand entertainment, pro rodeo, industry showcases and one of the best livestock shows in the world, beef to horses and speciality livestock. For tickets, call (306) 565-0565. www.agribition.com

CALGARY AND AREA

George Thorogood & the Destroyers - October 19, 2003

Outlaws Niteclub

Legendary rockers George Thorogood & the Destroyers return to their hard-driving roots with a high-energy gig at Outlaws. For tickets, call 565-3000 or 1-800-555-3189.

Banff Mountain Festivals - November 4-9, 2003

Spend a week in the Rockies enjoying mountain stories, films, videos and speakers from around the world at the Banff Mountain Book Festival and Banff Mountain Film Festival. For tickets, call 1-800-413-8368 or (403) 762-6301. www.banffmountainfestivals.ca

EDMONTON

Pink Floyd - October 16, 2003

Jubilee Auditorium

270,000 watts of light, 20 tonnes of quadraphonic sound, 6 musicians and one epic concert. Get comfortably numb with Pink Floyd. For tickets, call (780) 451-8000. www.ticketmaster.ca

Just for Laughs Comedy Tour - November 13, 2003

Jubilee Auditorium

Rick Mercer, Adam Ferrara, Mitch Fatel, Derek Edwards, John Moloney and Joey Elias take their show on the road as part of a riotous whirlwind cross-Canada tour. For tickets, call (780) 451-8000. www.ticketmaster.ca

VANCOUVER

Dracula - October 22 - November 2, 2003

The Centre in Vancouver for Performing Arts

Bram Stoker's spine-chilling tale is reinvented in this eerie, captivating rendition of the classic gothic horror, just in time for Halloween. For tickets, call (604) 602-0616 or visit www.centreinvancouver.com

Eastside Culture Crawl - November 21-23, 2003

Your chance to visit more than 200 studios and meet painters, potters, sculptors, photographers, glass blowers, furniture makers and others in western Canada's largest studio exhibition and sale. And it's free! More information and directions at www.culturecrawl.bc.ca

VICTORIA

Salmon Run - October 26 - December 31, 2003

Goldstream Provincial Park

Annual migration of some 20,000 salmon making their journey from the Pacific Ocean up Finlayson Arm to spawn in the river they were born in. Park naturalists offer hourly weekend programs at the park Nature Centre. For more information, call 478-9414.

The Fall Of The House Of Usher - October 29 - November 1, 2003

Craigdarroch Castle

Join Roderick, Madelaine Usher, the Doctor, Butler and our intrepid Narrator for an evening of thrilling entertainment as Giggling Iguana Productions brings Usher back to Craigdarroch Castle for the fourth and possibly final year. For tickets, call (250) 592-5323.

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Catrina LeMay Doan
Two-Time Olympic Gold Medalist and Blue Cross Member

